

Beckman High School
BGS Summer Camp
Incoming Freshman Schedule

June 13th – June 29th

Introduction to Resistance Training August 7th & 9th

1. COACH CONTACT INFORMATION

COACH: Gordon Scott (949) 632-5649

ASST. COACH: Lana Niccole

ASST. COACH: Steve Carels

E-MAIL: gordonwscott@cox.net

E-MAIL: lananiccole@icloud.com

E-MAIL: scarels22@gmail.com

Note: Please arrive 40 minutes early for each game and 20 minutes early for field training and weight lifting.

ALL GAMES ARE AT BECKMAN

Week	Day	Date	Time:	Dress/Description	Location
1	M	06/11	9:00-10:30AM	Field Training (Incoming Freshman Only)	Beckman Track Turf
	TU	06/12	1:30-3:00 PM	Field Training (Incoming Freshman Only)	Beckman Track Turf
	W	06/13	1:30-3:00 PM	Field Training (All)	Beckman Track Turf
	TH	06/14	10:00 AM -11:30 AM	Field Training (All)	Beckman Tack Turf
	FR	06/15	10:00-11:30 AM	Field Training (All)	Beckman Turf
	SA	06/16		INITIAL SUMMER LEAGUE TEAM ANNOUNCED	
2	M	06/18	1:00 PM - 2:30 PM	Summer League vs. Mater Dei2	Track Turf
	TU	06/19	1:00 PM – 2:30 PM	Summer League vs. Northwood2	Aux Turf
	W	06/20	1:30-3:00 PM	Field Training (Incoming Freshman Only)	Aux Turf
	TH	06/21	1:0PM – 2:30PM	Summer League vs Tesoro2	Aux Turf
	F	06/22	OFF	OFF	OFF
3	M	06/25	2:30 PM – 4:00 PM	Summer League vs. Mater Dei2	Track Turf
	TU	06/26	1:00 PM – 2:30 PM	Summer League vs Northwood2	Aux Turf
	W	06/27	1:30 PM -3:00 PM	Field Training (Incoming Freshman Only)	Aux Turf
	TH	06/28	1:0PM – 2:30PM	Summer League vs Tesoro2	Aux Turf
	F	06/29	11:00-12:30	Team Lunch	TBD
	TU	August 7th	9:00-10:00AM	Weight Training (Incoming Freshman Only) Introduction to Resistance Training	Weight Room
	TH	August 9th	9:00-10:00AM	Weight Training (Incoming Freshman Only) Introduction to Resistance Training	Weight Room